

### **Abstract of the Disclosure**

A hand held exercise device includes a pair of dumbbells rotatably attached to a cross bar and which can be held between the hands of a user gripping the dumbbells.

Grips are preferably positionable around the dumbbells to require the user to hold the exercise device in an open hand grip. The dumbbells are removably connected to the cross bar to permit use of the dumbbells separately, with or without the grips.